he teacher of Brown Creek, Little

Boston Woman Recommending It To Her Friends

Beston Lady Says Tenoline Has reven a Godsend to Her

It is always interesting to listen to the statements of our friends, and especially when you know they are sincere and honest in what they say Added interest is created in a state ment coming from one who has spent a lifetime in Boston, where she is well known socially.

Such a person is Annie Stewart,

All druggists sell and guarantee

There are numerous symptoms of this trouble that tonoline can relieve. In fact, any of the following may denote affections of the stomach: Indigestion, dyspepsia, belching of wind, bad breath, sick throbbing headache. circulation, night sweats, that feeling, costiveness, coated tongue or a poor complexion.

Caution: -As tonoline is recommended as a flesh builder those not wishing to increase their weight pounds or more should not take it continuously.-Adv.

FIRST TENNESSEE OFFI-CERS' MEETING.

The second officers' meeting of the First Tennessee Regiment will held Friday evening, August 31st, at o'clock, at room 125, Y. M. C. A. Brookin, III. While here she was Building. All superintendents and the honorce of many handsomely Cadets officers of the city are requested to be present. All organized she was jointly entertained at dinroops are urged to represent. By order of

G. W. Gore, Jr., Colonel. F. A. Bosworth, Liver Bosworth, Lieut. Col. S. Ellington, Jr., Major.

PROMINENT VISITOR HERE.

Rev. L. A. Townsley, D. D., of Atlanta. Ga., is visiting his neice and her husband, Mr. and Mrs. Thomas King of No. 3 Meredith Ave., South Nashville. Dr. Townsley is presi-ing Elder of the South Atlanta District of the A. M. E. Church, and one of the leading men of his church, hav-ing served as a delegate to the General Conference for four consecutive times-1904, Chicago, Ill.; 1908, Norfolk, Va.; 1912 Kansas City, Mo.; 1916, Philadelphia, Pa., and was a Commissioner of the last mentioned. He is one of the leading Masons of his state, serving as State Grand Chaplain and a 33rd degree Mason.

DR. O. B. WILLIAMS HOLDING UP THE BANNER FOR MEHARRY.

The many friends of Dr. O. B. Williams will be pleased to hear of his successfully passing the Tennessee and North Carolina Boards, holding up the banner for Meharry by making a high average. He will be remembered as a popu-

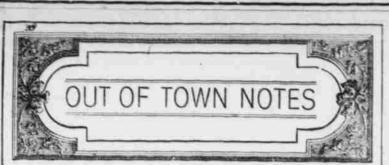
Meharry Medical College.

He was active in hospital and in a revival at Woodland Mills.

clinical work. In Fayetteville, N. C., his home town, he has a splendid reputation. We wish for him a sucbegin this fall.

MRS. RYE CONVALESCENT.

them very soon.



UNION CITY Miss Loraine Whitsey is on the sick list this week. Miss Annie who resides in Boston and is possible to the respect and confidence man, Mr. and Mrs. Ermine Reeves of Care Ind. arrived Wednesday to of her associates, and is willing for of Gary, Ind., arrived Wednesday to anyone to call on her to verify the spend some time with home folks. following signed testimonial:

Mr. and Mrs. James Jones spent Tues-"I have suffered with stomach day in Cairo. Mrs. Mabel Turner trouble for the past seven years. It left Sunday night for an extended took the form of indigestion and dys. visit to St. Louis, Mo. Mrs. Dewey pepsia. I had dizzy spells and head. Dennis proved an ideal hostess on aches, and after I ate a little food it Monday evening when she entertainwould ferment and cause gas to form ed at her home on East Summer in my stomach. I had pains all over street to compliment Mrs. Mary D. my body, and was chronically consti- Lewis of St. Louis. The rooms were pated. My liver was torpid, and I beautiful with the artistic arrange. The lable was set and appointed with ident of The Impromement Society felt generally miserable. I had doc-ment of potted plants and cut flow-the greatest care and eye for the also attended the Association. He is was so nervous and restless that at ty. Games and dancing were the ed Mrs. Killian on Tuesday at their Hill, the able superintendent of the night I could scarcely sleep. The gas principal amusements. The hostess home on Mulberry strete. Music and First Baptist Sabbath school also atto all of my friends, as it has been a guest of his cousin, Mr. Charlie ing Mrs. Moilie McGee on Colesburg Bertha (Divon) McLain, attended the

Harris to be the guest of Mr. and James A. M. E. Church, has return-Mrs. Isham Smith, Prof. W. R. ed from San Tilla, Mr. Samuel than a week is seriously ill at this Jarrett made a business visit to Flowers of East Dickson, is able to be writing. Mrs. Beulah Turner spent Trenton Thursday. Miss Flossie out again after a weeks illness, the week end in the Brown Creek of which be week end in the Brown Creek of which be week end in the Brown Creek of which be week end in the Brown Creek of which be week end in the Brown Creek of which be week end in the Brown Creek of which be week end in the Brown Creek of which be week end in the Brown Creek of which be week end in the Brown Creek of which be week end in the Brown Creek of which be weeked in the week end in the Brown Creek of which be weeken of the weeken in th few days with Miss Katie Lou Carey. day afternoon. Mr. Scobe Thompson Geo Reed and their little daughter, He passed the Medical State Board Mr. Silas Keiser is spending a few returned Friday from Grand Lodge. Mae Bell, have been the pleasant guest with one of the highest averages. days in Hickman. Miss Maggie Odd Fellows, which met at Knoxville, of Mrs. Bettie Ware. Rev. Thos. Ware During his four years of medical Collier left Friday night for St. Louis Tenn. he reports a pleasant time. is spending the week in Stanton, as preparation in Nashville, he pastored and other points. ham has returned to Columbus, Ky .. having been called to the bedside of her sister. Mr. Elihu McDaniel of St. Louis arrived Friday to spend some time with his grandfather, Mr. Chapel Davis. Mrs. Mary Wess returned Monday to home in

planned social affairs. On Sunday ner by Mesdames Katie Simpson and Martha Hampton at Mrs. Hampton's nome on Vine street. The table was beautiful with a crochet centerpiece on which stood a cut-glass vase of fragrant flowers. A dainty ix course menu was served. Edna Polk and Louise Bryant of Hickman spent a few days very deasantly in our city. McClanton spent several days with ome folks on her return Mounds, Ill., to her home in Jackon. Mr. Eulys Reeves has returned to Gary Ind. Prof. J. J. Bills of Fulton spent a few hours in the city Saturday, en route to Hickman. Messrs. Wallace Tipton and Houston Craven left Saturday for Erie, Pa. Miss Ernestine Wells has returned very soon for Texarkana, Texas, where she will spend the fall and appointment in Hickman Sunday. spent Monday In the city. Prot W. ker, her aunt-

SARDIS, GA. Mr. and Mrs. G. L. Ferguson, Sun- Gray and Mrs. Ollie (Reed Whitelow, of her mother and sister, who are

day. We wish for Miss Ethel Griffren, of Lewisburg, Tenn and Mr. Lot happiness all through their married life. Mr. and Mrs. W. M. E. Berry will entertain Miss Samevening. Mr. and Mrs. G. L. Ferguson made a flying trip to Miller. Ga., Saturday evening.

DICKSON. Warren Box,

Brown. Messrs. Joe and Lott Landom have returned from Tiptonville. Mrs. Sarah Dodson and Mrs. Mayme

Mrs. Sarah Dodson and Mrs. Mayme

Therman spent last week very pleasantly in Mayfield and Paducah. Miss F. Killian left Friday afternoon

Miss Alma Davis left Friday for for Nashville. Rev. Hurd of St. in Colesburg parts and collection in Humboldt, last week, also Messrs Lee Jones and J. L. Irving and Prof. F. E. Jeffries and Prof. H. A. Sloan. Mr. Richard Longley, who has been cuite ill for some time for Nashville. Rev. Hurd of St. for Nashville.. Rev. Hurd of St. is much improved.

BROWNSVILLE.

With a most excellent program. Mr. Spears will never be satisfied until tin, Will Dirk, Miss George Jones are of the faculty of Dunbar High school is in Memphis, spending a while with her husband, Prof. J. H. Lynk. Little Grigley, is much improved. Misses which church new life was taken on. Miss Evelyn Womble, is spending the mouth of August in Newbern, Tenn., the guest of her aunt, Mrs. Willie Louis, after a stay of two weeks most dar street, 418 1-2 Johnson Building. Walker, Prof. F. E. Jeffries, the compleasantly spent in Brownsville, as a careful practicioner of medicine, petent principal of the Dunbar High Miss Alice Manney entertained a num-School, of Brownsville, Tenn., has re- ber of her friends with a whist game churches in the city, a popular church turned from Hampton Summer School on last Thursday evening in honor which goes to say. and the East, while in the East, he of her sister, Miss J. P. Manney and visited the following cities, Philadel- Miss Brooks of St. Louis. Dancing phia, Pa., Atlantic City, N. J., New was also indulged until a late hour york City, Niagara Falls, N. Y., Erie, when a lovely ice course was serv.

Description of the state of this mindy friends are that his will be a success. We ask for him your patronage of which the is worthy of your confidence. York City, Niagara Falls, N. Y., Erie, when a lovely loc course, When he was asked it ne thought, Pa., Cleveland, Ohio, Toledo, Ohio, Deed. On Monday of last week, Mrs. When he was asked it ne thought, Pa., Cleveland, Ohio, Toledo, Ohio, Deed. On Monday of last week, Mrs. it right to train himself and help troit. Michigan, and several points in Beulah Turner, entertained with an troit. Michigan, and several points in Beulan Turner, entertained with an Canada. Dr. and Mrs. D. B. Grand- elaborate dinner in honor of the visi-berry and Mrs. I. J. Joseph tors of the city. The covers were laid. "I will do what I am asked to do. Canada. Dr. and Mrs. D. B. Grand-enaporate united in honor of the laid of what I am asked to do, berry and Mr. and Mrs. L. J. Joseph tors of the city. The covers were laid Obedience has gained for him a of Jackson, Tenn., en route to Memphis, spent a few hours in Brownsville, last Wednesday. Mr. Dorsie
Parker of Kansas City Kans., formerly of Brownsville, has returned to his
home after spending more than a

lor Mrs. J. R. Gloster, of Memphis,
Misses J. P. Manney and Mable Brooks
of St. Louis, Mo., Misses Cora Sutton
and Lucile Ryon of Memphis,
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of St. Louis, Mo., Misses Cora Sutton
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Cora E. Sutton and Lucile Ryon of
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phis, spent a few hours in Brownsville, last Wednesday. Mr. Dorsie
Cora E. Sutton and Lucile Ryon of
Memphis, phis, spent a few hours in Brownsville, last Wednesday. Mr. Dorsie
Of St. Louis, Mo., Misses
Cora Sutton
Men he was eighteen years old he
was appointed notary public by Gov.
Gennings of the state of Florida. In home after spending more than a Memphis have returned home after week pleasantly with his parents, Mr. a two weeks stay pleasantly spent and Mrs. Richard Parker, on Cherry with Mrs. Willie D. Powell Jarrett. street. Dr. G. W. Atkins, the Agentry Mr. and Mrs. Lee Roy Gary lost their where she will spend the fall and Director of West Tenn. Standard Life little infant daughter, Friday, Aug. winter. Rev. E. D. Wells filled an Insurance Company, is spending this 17, 1917. Friends extend sympathy week in Brownsville, the pleasant to them. Mrs. J. R. Gloster Prof. J. R. Patten has returned and guest of Dr. and Mrs. J. W. Evans. phis and her little son Hugh, were vill spend some time at home. Mr. Little Miss Evelyn Womble, is spend-the guests of Dr. and Mrs. J. W. Evans as Portagon and a heavy collection of the guests of Dr. and Mrs. J. W. Evans are the guests of Dr. and Mrs. J. W. Evans as Portagon and a heavy collection of the guests of Dr. and Mrs. J. W. Evans are the guests of Dr. and Mrs. J. W. Evans are the guests of Dr. and Mrs. J. W. Evans are the guests of Dr. and Mrs. J. W. Evans are the guests of Dr. and Mrs. J. W. Evans are the guests of Dr. and Mrs. J. W. Evans are the guests of Dr. and Mrs. J. W. Evans are the guest of Dr. and Watson is on the sick list, ing the month of August in Newber, last Wednesday at High noon to E. A. Warren of Hickman the pleasant guest of Mrs. Willie Wal- luncheon. The Farmer's Chapel Sum-A. Singleton of Missisipi spent a Parker of Memphis, has come to the value of Monday evening of this week at city, is the North Chickamauga and the residence of Mrs. Lula Shaw on North Chattanooga Association.

In the city of Memphis, has come to on Monday evening of this week at city, is the North Chickamauga and the residence of Mrs. Lula Shaw on North Chattanooga Association.

In the city of Memphis, has come to on Monday evening of this week at city, is the North Chickamauga and the residence of Mrs. Lula Shaw on North Chattanooga Association. en route to Cairo. Mrs. Pearl er on Cherry street. The protracted features of amusement on the lawn, associations in the state by all means, in until eleven o'clock when fees and Springer has returned from Padu- meeting is going on at Barn Creek, The home and lawn were tastefully it consists of the membership of some can where she spent several days so the teacher, Mrs. Ollie (Reed) decorated with Japanese lanterns and lar member of the class of '17, of very pleasantly as the guest of Mr. Whitelow, is having a little vacation, cut flowers. It was quite a success and Mrs. Marshall Brown. Mr. Ed she motored to town a while Tuesday in every way. Haywood County re-Dr. Williams was rated as an exGill has returned from Dyersburg. o fthis week. Last Sunday, Dr. G. B. joices over the honor received by one cellent student of Meharry, and his Mrs. Marshall Mosley will leave McLain, Miss Lillie Currie, and Mrs. of her physicians in the person of quiet, gentlemanly conduct won for Sunday for an extended visit to Chihim the respect of all who knew Cago. Rev. I. F. Bruton is assisting Creek. 12 miles east of Brownsville, First Lieutenant in the Medical secspending the day. In the afternoon tion of the United States Officers Rethey were joined by another auto serve Corps. Dr. Gloster is one of the party, composed of Dr. and Mrs. J. most progressive physicians of West W. Evans and son, John Frank, Miss Tennessee. He has quite an extensive reputation. We wish for him a successful practice which he expects to is the guest of her auntie. Mrs. G. L. Messrs Earle Taliferro, John Stader town. The many friends regret to Ferguson, Mr. O. W. Grant, has sold and E. J. Whitelow. At the close of hear of the death his four beautiful mules. Mr. and the meeting those from Brownsville, Lewis, who departed this life recent-Mrs. O. W. Grant has bought them her home accompained her to Mr. and ly in East Tennessee. Dr . Lewis Mrs. Anna J. Rye of 635 Allison st., a lovely lot in Miller, Ga., they will Mrs. George Gray's home, there a practiced medicine in Brownsville for who has been dangerously ill for two build a lovely cottage soon. Miss most a elaborate six o'clock dinner about a year, where he made many weeks, is doing extraordinarily well Sammy Grant will return to S. N. I. S. was served. This lovely home was friends, who showed their loyalty to for her condition. Mrs. Rye is an the 1st of October to her school where beautifully decorated with flowers of him during his illness in Brownsville, active member of many clubs and her she has gone for the last three years, the season. The lovely hostess, Mrs. ere he left. Mrs. Anna Green, while many attentive friends are hoping Mr. and Mrs. W. M. E. Berry, of Lue Gray was assisted in receiving in Humboldt, attending the Associashe will be out to mingle with Bill Davis. Ga., spent the day with her guest by her neice, Mrs. Jacob tion was called home to the bedside

Miss Glady's Lynk accompained her mother, Mrs. C. E. Yynk to Memphis. Master Geo. Hockkins, one of Dunbar's most brilliant boys has gone to class '17, is a Floridain by birth, a by the president of the woman's aux-Memphis for future residence, where he plans to attend Howe Institute and deep thinker, positive in his acanother term. Mrs. Campbell of 711
Saxon Ave., Memphis, en route home
Saxon Ave., Memphis, en route home Saxon Ave., Memphis, en route home

from Humboldt, where she attended the West Tennessee Association stopped in Brownsville, spending several erations of his teachers and class- Mr. Boyd was accompanied to the days the guest of Mrs. Victoria Estes. Mrs. Lillie Williams is much improv-Miss Estella Richards of Jackson, Tenn., spent Monday, the guest of Miss E. M. Reed, of Park Aye. Messrs John Currie, Oscar Davis and Dr. W. D. Claiborne, spent the week end in Memphis, Tean, Mrs. J. R. Gloster of Memphis who is the guest Grant at there home Wednesday of her children, Dr. and Mrs. C. M. Gloster, spent several days of last we've attending the Association in Humboldt, Tenn. Rev. A. A. Parr was at his post of duty Sunday after spending the week in Humboldt. Rev. entertained Par was honored with the position of Wednesday. Aug. 15, 1917, with a Moderator of the Association for the beautiful luncheon at her home. The ensuing year. Rev. Parr is one of the guests of the occasion included a most progressive ministers of West limited number of special friends. Tennessee. Mr. J. W. Leigh, the pres-The table was set and appointed with ident of The Impromement Society tored and had been in the hespital, ers. Quite a number of the young-artistic. An elaborate menu was but received no permanent relief. 1 er set enjoyed Mrs. Dennis' hospitaliserved. Dr. and Mrs Miles entertaindepartments of the church. Mr. Alex pressing under my heart caused palpitation, and when I arose in the
morning I was just as tired as when
I retired. About two weeks ago I began to take topoline and is supported by the start of the guest were the features of the eventended the Association in Humboldt,
returning home Saturday afternoon,
the found his wife, Mrs. Ethel Hill
gan to take topoline and is supported as delightful hay ride. While the
gan to take topoline and is account should also account should also account should be to a delightful hay ride. While the
gan to take topoline and is supported as were the features of the eventended the Association in Humboldt,
returning home Saturday afternoon,
the found his wife, Mrs. Ethel Hill
gain to take topoline and is supported as the support of the eventended the Association in Humboldt,
returning home Saturday afternoon,
the found his wife, Mrs. Ethel Hill
gain to cold scarcely sleep. gan to take tonoline, and I can truthfully state that it has done wonders
in my case. I am feeling like a new
woman and can eat any kind of food.
I sleen the night through and have not

design that it has done wonders
was heard on their return home. Will Wilks, Herman Manning, Louis
Mr. Percy Collier spent Wednesday
in Woodland, Mr. Leonard Fowlkes

Mrs. Hattie Thompson, of IndianI sleen the night through and have not

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in Woodland, Mr. Leonard Fowlkes woman and can eat any kind of 100d. In Woodland, Mr. Leonard Fowlkes. Mrs. Hattle Thompson, of Indian after recent liness. Act. and the more achies or pains; in fact, it has never more achies or pains; in fact, it has cured me, and I am recommending it to all of my friends, as it has been a seek-end visitor in our city as the kins of North Nashville is here visits. Millio Marcon on Collection.

Little Miss Velma mer Carnival, was largely attended Among the meetings going on in this

PROMINENT YOUNG MAN.

Who has recently finished a medical course in Mehary Medical College, versity, N. Y. City, making ready for Meharry, he won the careful considfrom that institution, also from the has only recently been called to the Georgia State College, Savannah, Ga. | Carter Street Baptist Church of this | Be Moderate in Your Diet and A Theological course from Edward city Waters A. M. E. College, Jacksonville, A degree has been conferred Fla. upon him as D. D., from Turner College for the most excellent work he has done in the Christian ministry, and his scholarly ability. A degre of B. S. was conferred by Columbia University for his careful and exact tions in the states of Fla., Ga., and Ala., for a short while, May 3, the



DR. M L. SPEARS, degree of M. D. was conferred upon Mrs. Tena Barto Columbus, Ky., to Columbus, Ky., to the bedside of 13 and 14.

Mrs. Tena Barto the bedside of 13 and 14.

Is spending the week in Stanton, as the following churches: Scovel St., the following churches: Scovel St., in which church quite three-fourths of a hundred members were added, tertained a large audience at Farmer's Chapel on last Sunday evening the greatest revival ever held in that

> The wishes of his many friends When he was asked if he thought

calling, he continued to study. Now his life is before us as a useful servant for the whole people.

Chattanooga, Tenn., August 17. of the best churches in the city. They have been in session at the Prospect Baptist Church this week. The As-M. Moore as moderator. In connection with this association, there is a visitors to address the association, is

quite ill. Mrs. Campbell, of Memphis. the 29th.

Rev. Henry Allen Boyd, assistant secretary of the National Baptist Publishing Board located at Nash-He was introduced iliary in the afternoon and delighted the audience with a talk on the conreceived ahearty welcome at the hand of the Association messengers. Rev. mates while there. He is a graduate meeting by Rev. M. D. Batson who

KNOXVILLE. Mrs. Cora E. Burke, Mrs. Eliza M. McMillan and Mrs. Tennie H. Broyles entertained the Grand Lodge Officers and delegates of the Household of Ruth on last Thursday evening at the beautiful residence of Mrs. Cora E. Burke. The house was beautifully lecorated for the occasion. was enjoyed during the evening. Frappe was dispensed by Misses Edna Kinciad and Vida Hoard; at a late hour a delicious ice course was served. At 11:30 the guests began to one expressing themselves as having spent a pleasant eve-

PADUCAH, KY.

Mr. Thomas Sledd and family have moved to Ohio, where Mr. Sledd has a better position. Mr. Nolan Samuels, and family are making Chicago, III their home. They left Sunday. Mrs. Henry Kivel and daughter, Mrs Ruby Owens have returned from Chicago where they visited relatives. irs. Irvin Clark and family. Plato Sneed is back home from Chicago. Mrs. Hirbernia Lunderman, has reutrned from several weeks visit to St. Louis and Chicago. Mrs. Anna Curry is attending the K. of P en-campment in St Louis. The Railroad Brakesmen, an organization of colored reakeman, have opned an ice cream parlor and lunch room in the Masonic Temple building. They are appreciating the patronage of everybody, re gardless to the amount spent. Quite a few people went on the excusion to Brookport, Sunday with the Masons to witness a corner stone laying in Brookport. The steamer City of Cairo carried them. The Paducah people, each week, are increasing their appreciation for that good Ne gro paper, the Nashville, Globe, Mr. J. W. Seddon, the popular barber of Tennessee, is giving his many friends a smooth shave at his shaving parlor, Ninth and Washington streets, Mrs. Ella Mae Rogers, Isaac S. Rogers, and witnessing the K. of P. encampment in St. Louis, Mo., Dr. S. H. George, in company with friends of Hopkins vill speeded to St. Louis in their automobile. Attorney J. W. Egester, and wife are visiting friends and re lative in Indiana and Illinois in their view of the country, they are to see St Louis, before returning home. Mrs Earing Young and children are at home from an extensive visit Southern Illinois, Rev. Jas E. Rodgers, paster of Seventh Street Baptist Church, who married Mrs. Wiggins of Oklahoma, was Sylvia given a grand reception at Seventh Street Baptist Church, Wednesday night by members of his congregation and friends. Mrs. Lizzie Crops and Mrs. Pearl Springer, both of Union City, Tenn., are the welcome guests of Mrs. Marshall Brown, 1237 Madison street. The public is anxiously await-

WESSYINGTON. Mr. John Green was host to a

Baptist church's pastor, has returned

from the "green fields" of Virginia,

his native home. Sunday a large con-

gregation and a heavy collection greet-

beautifully planned party Wednesday night in honor of Mrs Rankin Doyle of Columbia. Games soft drinks were served by Mrs. den. sociation is presided over by Rev. E. Ruth Dyke, Miss Beatrice Ellis. Miss years is able to be out again. Miss Woman's Auxiliary, that holds forth Mr. Ben Frazier. Mrs. Doyle was Mrs. Charles Butler, has returned a part of its sessions. Among the the guest of Mr. and Mrs. George from Indianapolis, Ind. Miss Lizzie den of Turnersville, went to Humwas the pleasant guest of Dr. and bolt, last week as delegate to the Nashville Globe is growing rapidly Mrs. J .W. Evans, Monday of this Benevolent Order. Miss Tillie Wil- in our town. See Rev. J. W. Butler, week after lunch in the afternoon liams is visiting relatives and friends the agent. Miss Nora Barton has been Dr. and Mrs. Evans complimented in Nashville. Miss Estell Burns has sick, she is up again. Miss Nora their guest with a drive over the city, returned from Nashville. Mrs. Lena Jordan, who has been visiting her siswho was much impressed with the Ventry has returned to her home in ter and mother who are ill has returntown. Stop! listen; Rev. Sutton E. Clarksville after a pleasant visit to ed to Nashville again. Griggs one of the noted orators of her relatives. Mr. West Williams is weatherly spent Sunday in Chattathe race will lecture at the First Bap-tist Church, Wednesday night, Aug. land River Association will convene lie king spent Sunday with his Mr. Aubry Par, son of at Cedar Hill Thursday lasting four mother, Mrs. Bob Jordens at 4216 Rev. Parr departed this life Aug 21, days. It is expected that a large dele- Sevior street. Yard topic premiums.

bays a Glass of Hot Water Every Morning Before Breakfast Will Take Off Fat If You Get MoreFresh Air

Reduce Your Weight With Tas co

Lack of fresh air weakens the oxygen-carrying power of the blood, the liver becomes sluggish, fat accumulates and the action of many of the vital organs is hindered thereby. The heart action becomes weak, an effort and the beauty of the figure is destroyed.

Fat put on by indoor life is un-healthy and if nature is not assisted in throwing it off by increasing the exygen-carrying power of the blood, serious case of obesity may result. When you feel that you are geiting too stout, take the matter in hand at once. Don't wait until your figure has become a joke and your bealth ruined through carrying around a burden of unsightly and unhealthy fat. Spend as much time as you possibly can in the open air; breathe deeply and get from any druggist a box of tassco, take a glass of hot water every morning before breakfast then take tassco after each meal and at bedtime.

Weigh yourself every few days and keep up the treatment until you are down to normal. Tassco is absolute-ly harmless, is pleasant to take, helps the digestion and is designed to increase the oxygen-carrying power of the blood

Even a few days' treatment should show a noticeable reduction in weight. There is nothing better for weight.



Darden and Mr. John Terry will go as delegates from Antioch Baptist Church at Turnersville. Misses Mattie Gee and Santa Fe Williams had as their guests Sunday, Georgia Ann Northington, Miss Ellen Northington, Miss Beatrice Darden, Miss Bell Darden, Mr. Gus Darden, Mr. Henry Ellis. The annual meeting is in session at Coopertown. Sunday was a big day There were people present from all parts of the country also Nashville and Springfield. Mrs. Ann Terry of Springfield, spent Saturday and Sunday at Wessyington. Mr. Gabe Washington, Mrs. Emm nie Darden, Mr. and Mrs. Allen Washington, Mr. John Green, Mr. and Mrs. Gus Washington, Mr. and Mrs. Zack Ellis, Mr. and Mrs. Demps Tribue and Mr. and Mrs. Jackson Tribue and Miss Lucy Tribue all went to Coopertown Sunday. Mr. John Phillips and Mrs. Lady Terry went to Coopertown

MURFREESBORO.

Sunday.

Dr. J. P. Hickman has a new born son, Richard Edward, Mother and son Emma Carter and Miss Jennie Dar- are doing nicely. Mrs. A. Patton is The guests were Mr. and Mrs. sick, but better at this writing. Mrs. Jackson Trabue, Miss Polly Ellis, Miss Rose Ella, who has been sick for two Jennie Darden, Mrs. Emma Carter, L. Butler, 427, Front street has been Mr. Hurley Dyke, Mr. Will Ellis and very ill, she is better a tthis writing Rindles, Sunday. They visitde Cooper- Butler is visiting her brother at Memtown in the afternoon. Mr. Gus Dar- phis. Quite a large crowd left hereon the excursion to Chattanooga. The gation will be present. Miss Clarinne Mrs. Annie V. Burch, of Nashville,

LABORIDAY GREENWOOD PARK

Watch this space next week for an elaborate Program. The Celebration this year will eclipse all previous efforts.